

Respite A Gift of Time

Relaxation - Respite gives families peace of mind, helping them to relax, regain their humor and their energy.

Enjoyment - Respite lets families enjoy new activities and favorite pastimes.

Stability - Respite helps families cope with daily responsibilities and maintain stability during a crisis.

Preservation - Respite helps to preserve the family unit.

Involvement - Respite allows families to become involved in community activities and feel less isolated.

Time Off - Respite lets families take that needed vacation, spend time together and time alone.

Enrichment - Respite lets family members establish individual identities and enrich their own growth and development.

Do Families Pay Taxes on Respite Money?

If families are reimbursed more than \$600 a year, their reimbursement may be seen as taxable income. If families pay a private provider (someone who is not an employee of an agency) more than \$1000 in one year, the family may be considered as an employer by the Internal Revenue Service and be liable for payroll taxes. Some families avoid the risk by having more than one care provider earn less than \$1000 each.



Linda Lingle, Governor
Chiyoame Fukino, M.D. Director of Health

The Hawaii Department of Health provides access to activities without regard to race, color, national origin (including language), age, sex, religion, or disability. Write or call our Affirmative Action Officer at Box 3378, Honolulu, HI 96801-3378 at (808) 586-4616 (voice/tty) within 180 days of a problem.

State of Hawaii
Department of Health

Respite Program



**GETTING A BREAK
FROM CAREGIVING**

What is Respite?

Respite simply means relief. It is an interval of rest, a pause, a chance to “take a break.” Respite is a period of relief for **families** who have ongoing caregiving responsibilities for a child or adult with special needs.

These families often experience isolation, frustration, and even depression when they cannot get a **temporary** break from constant caregiving. Respite provides families the relief they need to avoid burnout.

Respite **care** can occur in or out of the home depending on the families’ needs. Any opportunity that ensures that a child is taken care of while the parent takes a break is considered respite.

“Family” means the natural, adoptive or extended family with whom the individual is residing in the home.

“Temporary” means on occasion, not constant care.

“Care” is defined by the family as recreational activities in home, center-based, or after school care.

How Does Respite Benefit the Family?

Respite gives a parent time to:

- be alone with their spouse
- be with friends
- run errands
- spend quality time with other siblings
- pursue personal interests and just RELAX!

Who is Eligible?

Families of children or children with the following disabilities are eligible to apply for respite funds:

- Infants or toddlers with a developmental delay
- Children with a developmental disability
- Children with a serious emotional impairment
- Children or young adults (up to age 21) who have a serious or chronic illness
- Adults with mental illness
- Adults with a developmental disability

Who Provides Respite Care?

Families are encouraged to find and train their own respite care provider. It can be a relative, a neighbor or friend, a private individual or an agency. If a family is unable to find a respite provider, a Department of Health care coordinator (case manager) can provide suggestions.

Who to Call for Respite

For families of infants or toddlers (birth to three) with a developmental delay, OR for families of children (up to 21) with a serious or chronic illness, call the

Early Intervention Section

Oahu	973-9650
Neighbor Islands	1-800-235-5477

For families of children or adults with developmental disabilities, call the **Developmental Disabilities Division**

Oahu	733-9303
Big Island	974-4280
Maui/Molokai/Lanai	984-8250
Kauai	241-3406

For families of children with a serious emotional impairment, call **Child & Adolescent Mental Health Family Guidance Centers:**

Central Oahu	453-5900
Diamond Head	733-9393
Kalihi	832-3792
Leeward	692-7700
Windward	233-3770
Big Island	933-0610
Kauai	274-3883
Maui/Molokai/Lanai	877-5037

For families with adults with mental illness, call **Mental Help Hawaii** 735-6423